



Are You Ready to Be Tobacco-Free with Freedom From Smoking®?

Quitting isn't easy—but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good!

The interactive program allows you to create a personalized quit plan with a help of a certified facilitator.

With videos, quizzes and activities, Freedom From Smoking® helps you quit with a step-by-step guide that includes:

What You'll Learn:

- Knowing you are ready to quit
- Setting a quit date and making a plan
- Medications that can increase your success
- Lifestyle changes to help you quit
- Coping strategies for managing stress
- How to stay tobacco-free for good



People are talking about Freedom From Smoking®!

"They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking."

—Glady

"What helped me quit was knowing that the minute I craved for a cigarette, I was prepared. The other big thing was the group support. I never felt alone when I was quitting."

—Cathy

"The program was there when I was ready not to smoke. I had something to reach out for. I went to the program every week. I enjoyed that there were people to talk and to listen to."

—Steven

To learn more about the Freedom From Smoking program, call 1-800-LUNGUSA or visit www.lung.org/ffs.

To enroll free of charge, email:

